

UNIVERSITY OF VICTORIA NEWSLETTER

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FOOD FOR THINKERS

UVic will be the healthiest place in town at which to eat, promises John K. Watson, the University's new Food Services Manager.

The food won't be dull, either. Mr. Watson plans to cater to budding gourmets with a taste for international offerings.

And judging by the present prices and quality of food at the Commons and Campus Services Building cafeterias, the food fare served here must also be among the least expensive in town.

Mr. Watson, whose background shows a wealth of experience in dishing up cuisine for a variety of palates, looks upon present times as the most exciting in memory in regard to food — "an underrated thing until this generation came along."

He said "food services have changed more in the past year than in decades, primarily because of young people's awareness of nutritional values in food."

Just one example would be yogurt, a nutritious and non-fattening product, the sales of which have risen more than 500 per cent in the last year.

As a food specialist, Mr. Watson said he had "looked in amazement at the hamburger stand generation. But somehow out of that they began to become aware of food values."

Indicative of this change in mentality is a change in the meaning of the word diet. "We used to diet to correct a problem. Young people now eat to prevent a problem. Diet to them now means nutrition."

Food for thought, especially for a university, is that balanced diets likely increase mental capacity by 40 per cent. "If we could increase our present mental capacity from one-tenth of one per cent to two tenths of one per cent, I wonder what kind of society would emerge," he mused.

"This leads to interesting speculation on how good food would expand other prowesses of people — such as their athletic capacity."

Because of the "new awakening" of persons in an age group from the late teens



to thirties, Mr. Watson said his work has become much more rewarding and challenging.

He said that as a result a more varied menu stressing "the nutritional way of life" will be introduced this fall at the Commons dining room, the Gold and Green seminar lounges, the Raven and Tundra rooms, and at the Campus Services Building.

"A certain amount of experimentation will be necessary."

The fare will be largely based on Canada's Daily Food Guide, which Mr. Watson maintains is the most comprehensive guide around. Always available at local Health Boards "it was ignored until this generation came along."

He also plans "to encourage favorite recipes from students outside of Canada."

These dishes would be served at experimental tables in the different dining areas, and "I might put them together at some sort of international night."

He would also like to hold a series of "rap sessions" with students to impart knowledge of nutrition and to apply it to eating habits off campus.

At his last job as Food Services Director at Notre Dame University, Nelson, Mr. Watson introduced such sessions, which were so successful they drew persons from outside the campus.

Despite a growing awareness of food values, most persons are not educated enough about their nutrition — due partly to a lack of available information, and also due somewhat to several myths arising out of health food cults.

The term "health food" in itself indicates quackery. "Good food is all healthy." (Mr. Watson's main objection to health food stores is the high prices.)

The word "organic" is another attempt to baffle. "Organic simply means what Grandmother and Grandfather used to grow in their gardens."

Raw vegetables or fruits, chemically grown or not, will be healthy as long as they are washed thoroughly, he advises.

Mr. Watson will be telling students a lot about herbs — something Grandmother used to know about before it was lost by a "food-ignorant middle generation."

"There will be some demonstrations on the value of herbs, what they are used for, and how easily you can find them. Right here, for instance, growing around campus, are two very popular herbs: camomile and plantain."

As an example of a lack of information on food values, he said most persons don't know that calcium, aside from its bone-building attributes, is good for the heart.

The most common deficiency in this society's diet is probably iron. He also suspects there is a lack in Vitamin A and C, "the latter showing up in the fall when everyone has a cold."

One item of advice Mr. Watson has for parents is that they give young children a wide variety of food so they won't be confined to narrow tastes when they grow up. Not liking liver, for instance, is a bad handicap. "I can't find anything to take the place of it in terms of protein value."

Mr. Watson oversees a staff that varies in size from 60 to 80 persons, depending on student numbers.

The inexpensive prices do not put his

operation in the red, he said. "This unit was set up not to make money, but it still manages to operate slightly in the black."

As a matter of fact, he added, the money the unit makes for catering to off campus groups helps keep resident student fees down.

Mr. Watson has had a varied career in food services. He started as a ship's steward with the CPR in 1940, was a Chief Steward in the Royal Canadian Navy, an Assistant to the General Manager at the Calgary Petroleum Club, the Director of Dietary Services at Holy Cross Hospital in Calgary, and was in the Catering Department of B.C. Ferries. He also completed several management and food courses, and has a degree in Business Administration (Catering) from McGill University.

His appointment here became effective July 1.

NEW BREED OF TEACHERS

The Faculty of Education this summer is producing a new breed of teachers who could be forerunners of a major change in teacher training in B.C.

Some 104 "mature" students, from all walks of life and ranging in age from the mid-twenties to the mid-fifties, are nearing completion of the on-campus, academic side of their training under what is called

the Teacher Internship Programme.

When the four-month summer programme is over they will all go on to part-time teaching jobs in secondary schools to gain, under supervision, much more practical experience than present student teachers receive, as well as to round out the rest of their academic requirements.

The programme was set up in conjunction with the Provincial Department of Education to meet a predicted teacher shortage in B.C. this fall, but programme Director Bruce Andrews said the whole rationale behind the programme is to determine how all student teachers can be given a more viable and practical framework than has been the case in the past.

What is ultimately envisioned is having students out learning and teaching during the winter session and taking their academic requirements during the summer.

Mr. Andrews said, however, teacher internship is not being considered as the only way to prepare teachers. "The University views it as an alternative that offers useful potential for the future."

Education Minister Eileen Dailly was on campus last week to hear directly from the interns on what they thought of the programme.

After spending an informal day with faculty and students, and attending one lecture, Mrs. Dailly concluded that "it is an excellent programme" with a bearing on

Education Minister Eileen Dailly talks to intern teachers in the Student Union Building lounge. On her right is Programme Director Bruce Andrews and on her left William Reid, Superintendent of Field Services for the Provincial Government.



future teacher training.

Earlier, in a question-and-answer session in the Student Union Building, the Minister told the interns they were taking "a pioneering step".

She said "a lot is resting on you and your performance out there".

The Minister said she had received some mail from teachers "accusing me of a crash programme that will put inferior teachers in our classrooms."

She said that on the contrary "you will be teachers who are properly trained."

Mr. Andrews said the present class of interns has much more to offer than the typical graduate fresh out of university. Because of their mature ages, most interns boast varied work backgrounds, and all possess a minimum of four years in university.

Two of the students hold doctorates, and seven or eight, master's degrees. One student was a veterinarian, another a journalist, one is a marine biologist, and another has considerable experience in dramatics.

Norman Glick, 31, who has a doctorate in biochemistry, said his fellow interns represent "quite a cross-section of interexperience. It would be difficult to locate this type of talent in normal undergraduate programmes."

Rem Ricks, 27, who was a veterinarian in Beaumont, Texas, said one of the reasons he is in the programme is the possibility of flying into remote areas to teach. For him, the more isolated the area the better.

Kate Day, 49, who has three grown-up sons, came into the programme "to get out of the kitchen". Mrs. Day has honor degrees in French and English from Trinity College in Dublin, and degrees in philosophy and politics from Oxford. She also taught 30 years ago in English grammar schools, and has 15 years of tutoring experience.

Mr. Andrews said the obvious and immediate benefit of internship is that a student will have the equivalent of a half-year practical experience where he is now receiving only six weeks.

He said internship also offers a mature person who has worked at other jobs "an opportunity to enter the profession with a minimum of fuss and bother, and he will also receive financial aid." The on-campus part of the programme, which runs from May to August, offers a \$500 provincial incentive grant to help cover the cost of tuition and books.

The on-campus training is "a concentrated and intensified academic experience" providing students with two-thirds of present faculty professional year course requirements. The remaining requirements will come with the teaching they do next term.

All the students have been guaranteed part-time jobs with school districts outside of Vancouver and Victoria, with the exception of a few who will work on the Lower Mainland.

When the programme was first advertised, the Faculty had about 500 applications for the 120 openings.

Continuance of the internship programme will be decided by the Provincial Department of Education after its effectiveness is assessed next spring.

Mary Richmond



APPEAL TO NURSES

Registered nurses who plan to attend the University of Victoria's School of Nursing when it opens in September of 1975 are being urged to enroll this term as part-time students.

Mary Richmond, who is acting as UVic's nursing consultant until a director of the school is appointed, said the two-year, post-basic programme will hopefully embrace courses from other departments, such as sociology, psychology and political science.

With this in mind, Miss Richmond advises prospective candidates for the school to see her soon and take one or two courses this coming term so as to get a head start on their degree.

The nursing course, which will offer a Baccalaureate Degree in Nursing, is for registered nurses only, and can be completed in two years of full-time study, or in not more than six years of part-time study.

Miss Richmond said the idea of using physical and social sciences to support the nursing courses will be to give a more general education to the nurse.

"The better one understands the patient and his background the more one is able to communicate with him and help him," she said.

Miss Richmond said the school is being developed to improve the practice of nursing and to meet a recognized need in this province and in this community.

Miss Richmond, who joined the University as a consultant on July 1, has wide experience in nursing administration and education. She has a Bachelor of Nursing from McGill University and a Master's from Columbia University. She was also on the Faculty of McGill.

Appointments with Miss Richmond can be made through 477-6911, Local 898.

FITNESS PROJECT

A questionnaire to determine an individual's capability to enter into fitness programmes is being developed this summer by the University of Victoria in a \$75,000 pilot project under the sponsorship of the provincial government.

A thousand subjects will be tested this summer to validate the questionnaire, which will be made available to organizations across Canada, according to Test Programme Director, Dr. Martin Collis.

The purpose of the questionnaire will be to screen out persons, particularly the middle-aged, who would be at risk if they entered directly into a fitness program.

The subjects will receive, free of charge, a physician's examination, blood tests, lung function assessment, various standardized measurements, and resting and stress electrocardiograms.

Dr. Collis said the majority of subjects will be from among Provincial Government employees, but because of the large involvement of UVic personnel in the project, staff and faculty are invited to be tested on August 2, and possibly from August 6 to 15, beginning at 8:30 a.m. at Lansdowne Junior High School.

Interested subjects between the ages of 25 and 65 are asked to call 477-6911, Local 355.

Dr. Collis said the project reflects the emphasis the Government is placing on

physical activity as a form of preventive medicine.

He said UVic was chosen for the project because of its experience in fitness programs. The majority of testing personnel will be from Physical Education and Biology.

The questionnaire was conceived by the provincially-sponsored Multi-disciplinary Advisory Board on Exercise (MABE), which co-ordinates the response of health professionals to the increasing demands for exercise counselling and programming.

Project directors are Dr. David Chisholm, M.D., and Dr. Linton Kulak, M.D., of the Provincial Government, and chief data analyst is Dr. William Davenport of the University of British Columbia. All, including Dr. Collis, are members of MABE.

BADMINTON

The summer badminton schedule for faculty and staff will conclude July 30 at UVic Gymnasium. Play will take place between 8:30 and 10:30 p.m. The winter schedule will be announced later.

FACULTY NEWS

PHYSICS

Dr. F.I. Cooperstock recently attended the Seventh International Conference on General Relativity and Gravitation in Tel Aviv, Israel.

Dr. Cooperstock presented a paper based on some of his research at the Institut Henri Poincaré, Paris, and served as chairman of the session on Singularities.

MATHEMATICS

Dr. H.M. Srivastava attended the "First International Conference on Fractional Calculus and Its Applications to the Mathematical Sciences" held recently at the University of New Haven, West Haven, Connecticut.

Dr. Srivastava discussed some of his recent work on certain aspects of fractional calculus with several other participating experts. One of his papers in this series, entitled "Composition of Fractional Integral Operators Involving Fox's H-function", is co-authored with Professor Robert G. Buschman of the University of Wyoming, Laramie, who spent his sabbatical year (1972-73) at UVic.

COMING EVENTS

SATURDAY, July 27

7:30pm Cinecenta film. MacLaurin 144. "A Night at the Opera" with the Marx Brothers. Students & Faculty \$1.
8:00 pm Theatre. Phoenix Theatre. "Hotel Baltimore" - Phoenix Players. Adults \$2; Students and O.A.P.s \$1.

MONDAY, July 29

8:00 pm Theatre. Phoenix Theatre. "Celebration" - Phoenix Players. Adults \$2; Students and O.A.P.s \$1.

TUESDAY, July 30

8:00 pm Summer Music. MacLaurin 144. Trio Victoria, featuring Harry Cawood, violin, James Hunter, 'cello, and

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Robin Wood, piano, will play selections including works by Brahms and Ravel.

8:00 pm Theatre. Phoenix Theatre. "Hotel Baltimore" - Phoenix Players. Adults \$2; Students and O.A.P.s \$1.

WEDNESDAY, July 31

12:30 pm Lecture. MacLaurin 144. Professor Laurence Lerner, of the University of Sussex, England, will speak on "Literature and Society". This is the last of the Free Public Lecture Series.

8:00 pm Theatre. Phoenix Theatre. "The Last of the Red Hot Lovers" - Phoenix Players. Adults \$2; Students and O.A.P.s \$1.

8:30 pm Lecture. Elliott 168. The Royal Astronomical Society presents the first in a series of 4 lectures, "The Sky at Night" by Dr. C.D. Scarfe. Admission \$2.

THURSDAY, August 1

8:00 pm Summer Music. MacLaurin 144. Final concert in the series. Robin Wood, pianist, Principal and Professor at the Victoria Conservatory of Music, will perform works by Bach, Haydn, Beethoven and Liszt.

8:00 pm Theatre. Phoenix Theatre. "Celebration" - Phoenix Players. Adults \$2; Students and O.A.P.s \$1.

FRIDAY, August 2

8:00 pm Theatre. Phoenix Theatre. "Hotel Baltimore" - Phoenix Players. Adults \$2; Students and O.A.P.s \$1.

AROUND THE RING

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